

Pick-WIC Paper

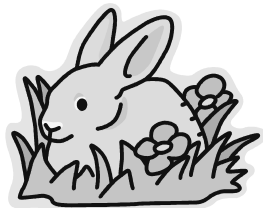
NORTH DAKOTA WIC PROGRAM

April 2014

Puff Pancakes Potato and Egg Scramble Scrambled Egg Burrito Creating an Omelet

Puff Pancakes

2 tablespoons butter or margarine, melted
4 eggs
½ teaspoon salt
1½ cups flour
1½ cups skim or 1% milk
¾ cup fresh or frozen blueberries, raspberries or thinly sliced apples
3-4 teaspoons brown sugar



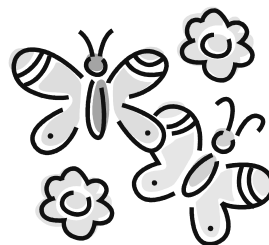
1. Preheat oven to 400 degrees.
2. Place melted butter into a 9x13-inch pan. Rotate the pan to coat the bottom with butter.
3. In a medium size bowl, combine eggs, salt, flour and milk to make a batter. (The batter may be slightly lumpy.)
4. Spread the fruit on the bottom of the pan. (The fruit will not cover the pan completely.) Sprinkle with brown sugar.
5. Pour the batter over the fruit.
6. Bake for 30 minutes. Serve immediately with pancake syrup.

Nutrition Note: This recipe makes 4 servings. Each serving has 360 calories, 11 grams of fat, 14 grams of protein, 49 grams of carbohydrates and 450 milligrams of sodium.



Kid-friendly Veggies and Fruits

Bugs on a Log: Use celery, cucumber or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries or cherries depending on what bugs you want!



Breastfeeding:

Why breastfeed?

“Breastfeeding was a no brainer once I found out all the extra things that are in breast milk.”

~ Amanda, WIC Breastfeeding Mom from Bismarck, ND

For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding.



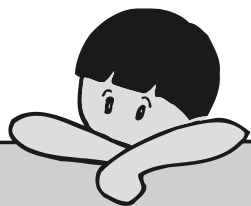
Potato and Egg Scramble

2 medium red potatoes (½ pound), washed and cubed
3 large eggs
2 tablespoons skim or 1% milk
½ teaspoon salt
⅛ teaspoon pepper
½ cup green onion, sliced
Salsa (optional)

1. Boil potatoes in a 2-quart saucepan, covered, for 6 to 8 minutes or until tender; drain.
2. In a medium size bowl, beat eggs, milk, salt and pepper; set aside.
3. In a skillet sprayed with nonstick cooking spray, cook potatoes until light brown. Add onion and cook about one minute, stirring constantly.
4. Add egg mixture. As the mixture begins to set at bottom and sides, gently lift cooked portions with spatula so that the uncooked portions flow to the bottom. Avoid constant stirring.
5. Cook 3 to 4 minutes or until eggs are cooked throughout but still moist. Top with salsa, if desired.

Recipe Source: NDSU Extension Service,
Cooking 101, Healthy Meals in Less than 30 Minutes

Nutrition Note: This recipe makes 3 servings. Each serving has 140 calories, 5 grams of fat, 8 grams of protein, 15 grams of carbohydrates and 280 milligrams of sodium.



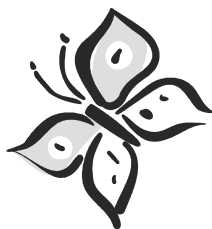
Turn Off the TV

Take a "spring is here" walk. Swing your arms as you walk quickly. Notice all the signs of spring!

Source: www.headstartbodystart.org

Scrambled Egg Burrito

4 whole eggs and 8 egg whites
4 cups spinach
4 whole wheat tortillas
1 cup canned black beans, drained and rinsed
½ cup shredded reduced fat cheese, any variety
½ cup salsa
¼ cup light sour cream



1. Spray a frying pan with nonstick cooking spray. Over medium heat, cook eggs and spinach until eggs are completely cooked.
2. On a heated tortilla, add cooked eggs, black beans and shredded cheese. Roll up tortilla and serve with salsa and sour cream.

Recipe Source: NDSU Extension Service, Cooking 101, Hot Tips about Food Storage

Nutrition Note: This recipe makes 4 servings. Each serving has 340 calories, 11 grams of fat, 25 grams of protein, 37 grams of carbohydrates and 990 milligrams of sodium.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children North Dakota Department of Health
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Creating an Omelet

Use your creativity and the foods in your pantry, refrigerator or freezer to make a delicious omelet following these easy steps. Each omelet serves one adult.

1. Crack two eggs into a small bowl. Mix well with a wire whisk or fork.
 2. Add one tablespoon water (or milk) and mix. Season with salt, pepper and herbs (if desired). For herbs, use 1 tablespoon fresh chives or parsley, or sprinkle with dried parsley or other dried herbs.
 3. Heat a nonstick skillet over high or medium-high heat. Add about two teaspoons of butter or margarine and allow it to melt, rotating the pan to coat the bottom with melted butter. (To reduce fat, omit the butter and instead spray the bottom of the pan with nonstick cooking spray.)
 4. Add the egg mixture. Tilt the pan to coat the bottom of the pan evenly with egg mixture.
 5. Pull the cooked egg from the edge of the pan with a spatula and let the uncooked egg mixture flow under the cooked portion.
 6. When the eggs are mostly set, add fillings of choice (suggestions below) on top of half of the cooked egg mixture. Continue to heat until cheese begins to melt.
 - 2 to 3 tablespoons grated cheese such as cheddar, mozzarella, Swiss or American
 - 3 to 4 tablespoons lean protein such as canned black beans (drained and rinsed), diced ham, cooked chicken, crisp bacon
 - 3 to 4 tablespoons vegetables such as chopped onion, mushrooms, green pepper, tomatoes, salsa, spinach, green chili peppers
1. Fold omelet in half and serve.

A few ideas:

- Vegetarian: cheese, green peppers, onions, tomatoes and mushrooms
- Southwest: black beans, cheddar cheese, green onions and salsa
- Italian: mozzarella cheese, spinach, chopped tomatoes and basil

Recipe Source: NDSU Extension Service, Pinchin' Pennie\$ in the Kitchen, 7 Steps to Creating an Omelet

GROWING HAPPY FAMILIES

Vary your protein food choices.

One egg a day, on average, doesn't increase your risk for heart disease, so make eggs part of your weekly choices. Only the yolk contains cholesterol and saturated fat, so have as many egg whites as you want.

Eggs are a nutritional bargain. They are an excellent source of protein, vitamins and minerals, plus eggs are inexpensive. Eggs will last three to five weeks beyond the sell-by date listed on the carton as long as they are stored in a refrigerator set at 40 degrees F or lower.

